

 UNESA	Universitas Negeri Surabaya Faculty of Sports and Health Sciences S1 Sports Coaching Education Study Program					Document Code	
SEMESTER LEARNING PLAN							
Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Physical, Technical, Tactics & Mental Training Methods for Field Tennis	8520204509		T=1	P=0	ECTS=1.59	4	July 17, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
	Dani Primanata, M.Pd.				Dr. Or. Muhammad, S.Pd., M.Pd.	
Learning model	Case Studies						
Program Learning Outcomes (PLO)	PLO study program that is charged to the course						
	Program Objectives (PO)						
	PO - 1	potential is based on the activities that the coach must perform (i.e. training, competition, management, and organization) and the tasks performed in each activity (i.e. planning, organizing, implementing, and evaluating) novice and junior tennis training. Competencies are designed in competency units, with each unit consisting of learning outcomes that have a set of performance criteria against which trainers are assessed (i.e. required to provide evidence to demonstrate competency) using an integrated system					
	PLO-PO Matrix						
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td style="text-align: center;">P.O</td></tr> <tr><td style="text-align: center;">PO-1</td></tr> </table>					P.O
P.O							
PO-1							
Short Course Description	This course discusses how to train physically, technically, tactically and mentally in tennis						
References	Main :						
	<ol style="list-style-type: none"> 1. Crespo Manuel, 1997. Beginner and Intermediate Coaches Manual, London: ITF 2. Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF 						
	Supporters:						
Supporting lecturer	Dr. Irmantara Subagio, M.Kes. Muhammad Asrul Sidik, M.Pd. Dani Primanata, S.Pd.,M.Pd.						
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)
		Indicator	Criteria & Form	Offline (offline)	Online (online)		

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training</p> <p>Reference: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
2	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training</p> <p>Reference: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
3	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training</p> <p>Reference: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
4	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training</p> <p>Reference: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%

5	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training Reference: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
6	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training Reference: <i>Crespo Manuel, 1997. Beginner and Intermediate Coaches Manual, London: ITF</i></p>	5%
7	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practice / Performance</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical training Reference: <i>Crespo Manuel, 1997. Beginner and Intermediate Coaches Manual, London: ITF</i></p>	5%
8	Understand how to train physically in tennis	Lecture rules, lecture contract	<p>Criteria: Full marks will be given if you can explain correctly</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: physical Reference: <i>Crespo Manuel, 1997. Beginner and Intermediate Coaches Manual, London: ITF</i></p>	10%

9	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Tests</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: coaching tennis tactics Reference: <i>Crespo Manuel, 1997. Beginner and Intermediate Coaches Manual, London: ITF</i></p>	5%
10	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Tests</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
11	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%

12	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics</p> <p>Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
13	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics</p> <p>Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	5%
14	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics</p> <p>Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	10%

15	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Portfolio Assessment, Practical Assessment, Practical / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics</p> <p>Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	10%
16	Understand how to practice tactics in tennis	Delving into the Athlete Profession	<p>Criteria: Full marks are obtained if you are able to explain, practice making prolates and tennis technique skills</p> <p>Forms of Assessment : Participatory Activities, Project Results Assessment / Product Assessment, Practical Assessment, Practice / Performance, Test</p>	Lectures, discussions, questions and answers, practice 4 X 50		<p>Material: tactics</p> <p>Bibliography: <i>Crespo Miquel & Dave Miley, 1998, Advanced Coaches Manual, London: ITF</i></p>	10%

Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
1.	Participatory Activities	18.5%
2.	Project Results Assessment / Product Assessment	18.5%
3.	Portfolio Assessment	16.5%
4.	Practical Assessment	18.5%
5.	Practice / Performance	16.5%
6.	Test	11.5%
		100%

Notes

- Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
- The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
- Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
- Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
- Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
- Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
- Forms of assessment:** test and non-test.
- Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
- Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and

other equivalent methods.

10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.